

Smart Ginger-Glazed Shrimp and Bulgur Bowls

with Clementine, Snow Peas and Almonds

Carb Smart

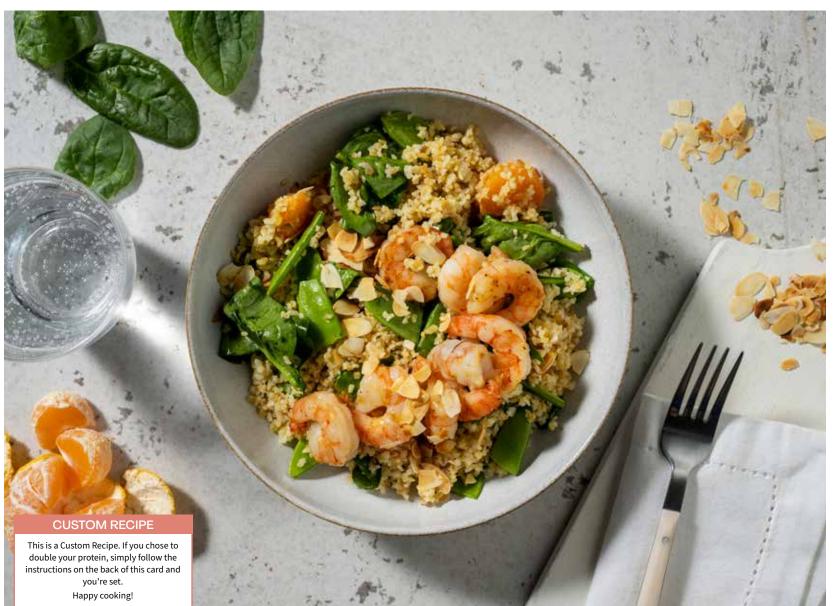
Calorie Smart

Quick

25 Minutes



Issue with your meal? Scan the QR code to share your feedback.













Bulgur Wheat

Clementine





Baby Spinach

Snow Peas







Ginger Sauce

Almonds, sliced



White Wine Vinegar

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps 2 person 4 person

Bust out

Measuring spoons, strainer, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

9		
	2 Person	4 Person
Shrimp	285 g	570 g
Double Shrimp	570 g	1140 g
Bulgur Wheat	⅓ cup	½ cup
Clementine	1	2
Baby Spinach	56 g	113 g
Snow Peas	113 g	227 g
Ginger Sauce	4 tbsp	8 tbsp
Almonds, sliced	28 g	56 g
White Wine Vinegar	½ tbsp	1 tbsp
Unsalted Butter*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Cook bulgur

- Add half the bulgur (all for 4 ppl),
 cup (% cup) water and ¼ tsp (½ tsp) salt to a medium pot. Bring to a boil over high heat.
- Once boiling, cover and remove from heat.
- Let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff **bulgur** with a fork.
- Stir in 1/2 tbsp (1 tbsp) butter.



Prep

- Meanwhile, peel **clementine**, then separate into segments.
- Trim, then halve snow peas.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.



Toast almonds

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer to a plate.



Cook shrimp

- Add ½ tbsp (1 tbsp) oil to the same pan, then shrimp. Cook, stirring occasionally, until shrimp just turn pink, 2-3 min.**
- Remove from heat.
- Add **half the ginger sauce**, then toss until **shrimp** is coated.

If you've opted for **double shrimp**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **shrimp**. Work in batches, if necessary.



Assemble salad

- Whisk together remaining ginger sauce, ¼ tsp (½ tsp) sugar and ½ tbsp (1 tbsp) vinegar in a large bowl.
- Add spinach, snow peas, clementine segments and bulgur.
- Season with **salt** and **pepper**, then toss to combine.



Finish and serve

- Divide salad between bowls.
- Top with ginger-glazed shrimp.
- Sprinkle toasted almonds over top.

Dinner Solved!

